

THE CHATHAMS NJ

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CHATHAM HIGH SCHOOL CHAMBER CHOIR JOINS PEGASUS

On March 21, the Chatham High School Chamber Choir, under the direction of Kenneth Bryson, takes center stage alongside the highly acclaimed ensemble Pegasus: The Orchestra in a powerful concert to benefit the TheraYouth Foundation. Showcasing the remarkable artistry of these talented young vocalists, the evening will unite community and world-class musicianship for an unforgettable cause.

Pegasus is led by founder, principal conductor, and pianist Karén Hakobyan, who is praised as “a musician of abundant gifts and bountiful ideas.” The program also includes Grammy nominated and internationally celebrated cellist Sergey Antonov, described by The Washington Post as “destined for cello superstardom” performing Saint-Saëns’ Cello Concerto No.1. from Haydn’s Fire to Gershwin’s Rhapsody in Blue. All proceeds support pediatric medical therapy for disadvantaged youth. Normally this ensemble can be found in New York’s finest theaters, so tickets are a steal at \$41–\$61, and can be purchased at therayouth.org.

TherAYOUTH FOUNDATION CELEBRATES THREE YEARS

In just three years, the TheraYouth Foundation has become a beacon of hope for families across New Jersey struggling to secure essential therapy services for their children.

Physical therapist Dr. Irina Marcoff, DPT, founded TheraYouth to address a troubling reality: too many children with treatable conditions were being left behind. Long waitlists for public early intervention programs and school-based services; a shortage of pediatric providers accepting Medicaid; and the high cost of private therapy (often exceeding \$125 per session), placed critical care out of reach for hundreds of families.

“Early therapy can change the entire trajectory of a child’s life,” says Dr. Marcoff. “But for many families, access is the greatest barrier.”

At its Elizabeth, NJ clinic, TheraYouth provides affordable physical, occupational, and speech therapy to disadvantaged children, more than 90% of whom rely on Medicaid. Since its inception, over 113 patients have “graduated” from therapy by achieving critical developmental milestones.

The impact of timely intervention is undeniable. One young patient, unable to crawl or walk due to congenitally weak neck muscles, faced the risk of permanent disability due to delays in care. After just four months of physical therapy at TheraYouth, he graduated from treatment, able to walk normally, transforming his future.

Unfortunately, demand continues to outpace resources with more than 400 children on TheraYouth’s waitlist for services. The foundation operates entirely through donations, community partnerships, and fundraisers.

On March 21st, TheraYouth will host a benefit concert to raise vital funds for pediatric therapy services. Help transform the lives of New Jersey’s most vulnerable children through purchasing a ticket, or through a donation at www.therayouth.org.



(above) Dr. Irina Marcoff providing physical therapy to a young patient at the Arlene S. Chasek clinic in Elizabeth, NJ.



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MATURE WOMEN EDUCATIONAL SUPPORT GRANT

Madison Area Branch AAUW

The Madison Area Branch of the American Association of University Women (AAUW) is now accepting applications for its Mature Women's Grant. We are proud of our more than eighty years' heritage of supporting women who wish to further their education. Each year the Branch awards scholarships to local women.

All eligibility requirements must be met:

The applicant must: 1: Be a woman; 2: Be age 25 or over; 3: Use the grant for education-related expenses incurred in pursuit of a degree or certification.; 4: Be a resident of one of the following NJ towns: Chatham, Chatham Township, East Hanover, Florham Park, Harding Township, Madison, Morristown, Morris Township, Morris Plains, or Randolph Township.

The application can be found on the AAUW website: madisonareaaaauw.org

Grant applications must be received by Monday, April 3, 2026. Please direct any questions to our email account: aauwgrant@hotmail.com

AAUW has been transforming women's lives for more than a century. Our Madison area branch continues to support education with grants, programs that expose teen girls to STEM, topical monthly programs, and member special interest

groups such as a book club, a mahjong games, book sales, and more.

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(above) Thomas Proscia



Courtesy Photos

THOMAS PROSCIA MAKES CHATHAM HISTORY BY COMPETING IN PENTATHLON

School District of the Chathams

Chatham High School's indoor track and field program reached a new milestone. Senior captain Thomas (Tommy) Proscia became the first student-athlete in school history to compete in the Pentathlon, representing the Cougars at the 11th Annual Ocean Breeze Invitational in Staten Island, NY, on Saturday, January 31.

The Pentathlon is widely considered one of the most grueling tests of versatility in track and field. Competing over a six-hour span, Proscia completed five distinct events: the 60-meter hurdles, Shot Put, Long Jump, High Jump, and the 1,000-meter run.

Proscia's performance was marked by remarkable consistency and growth. He secured

new personal records (PRs) in four of the five events. Out of a massive field representing nearly 900 schools at the invitational, Proscia was one of only 23 elite athletes selected to compete in the prestigious multi-event category.

"Tommy's achievement is a testament to his versatility and work ethic," said Patrick Clark, Boys Head Coach for Chatham High School Indoor Track. "To set four personal records in a single day while competing in the first Pentathlon in our school's history is incredible. He is a leader for our team in every sense of the word."

In addition to his historic performance on the track, Proscia serves as a team captain, anchoring a Cougars squad that continues to push the boundaries of the program's record books."

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TITAN IS WELCOMED INTO SHERIFF'S OFFICE

Morris County Sheriff's Office

Titan, a five month old Belgian Malinois puppy, joined the Sheriff's Office in December, and is now in training. Titan was surrendered to Mike and Michelle McMahon of Garden State K9 by a client who reported that Titan was too much for the family to manage. Titan was evaluated by Garden State K9 for temperament and workability, and tested for patrol and scent detection work. His evaluation was impressive, and Garden State K9 sought to donate Titan to the Morris County Sheriff's Office to ensure Titan had the proper working environment and the right conditions to thrive.

Titan has been paired with Detective Corporal Marc Adamsky, and began the bonding process and initial training. Training at this age is fun and geared towards building a bold, sociable, and confident puppy. The training will continue until

certification is complete in both explosive detection and patrol techniques. Every day the new canine team of Detective Corporal Adamsky and Titan work towards achieving milestones.



(above) Detective Corporal Marc Adamsky and Titan

The drive to succeed is highly based on food and toy reward. Titan will learn obedience, tracking, evidence recovery, on and off leash searches for suspects, the odor of explosives, criminal apprehension and handler protection. It is anticipated that Titan will begin working the road and responding to calls for service when he is approximately two years old.

Certifications to ensure Titan maintains expected performance standards will be completed through evaluations by both the Morris County Sheriff's Office and the United States Police Canine Association. Once certifications and high quality performance have been achieved, Titan is slated to replace Detective Corporal Adamsky's current partner, Canine Tim, who is nearly nine years old. Tim is trained in narcotics detection and patrol techniques and serves alongside Detective Corporal Adamsky with the Sheriff's Emergency Response Team. Canine Tim is a very accomplished canine partner. The Morris County Sheriff's Office operates with seven canine handlers, and twelve canines trained in multiple disciplines. The Canine Section has responded to 742 calls for service through the month of November. Titan is expected to perform at the same high level of success that Tim has achieved. Everyone at the Sheriff's Office is ready and waiting with excitement and anticipation to see the great things Titan will accomplish.

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—Hugo F., A community resident

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(above, l-r) Admin Officers: Corresponding Secretary: Lina Sriji, Treasurer: James Kern, Vice President: John Armstrong, President: Richard Gentles. Fire Officers: Chief: James Soccodato, Deputy Chief: Andrew Schmucker, Captain: Mike Glogolich, Lieutenant: Michael Coyne, Lieutenant: Nick Nikolopoulos, Lieutenant: James Rath

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SHE WAS A 48-YEAR-OLD MOM FROM BERKELEY HEIGHTS... TERRIFIED TO WEAR A LITTLE BLACK DRESS AT HER DAUGHTER'S WEDDING - UNTIL THIS HAPPENED

When guests gathered for a recent summer wedding in town, expectations were clear: a beautiful bride, proud parents, heartfelt speeches, and a lively dance floor.

What no one expected was that one of the most talked-about moments of the night would involve the bride's mother.

As Helen, 48, walked down the aisle in a fitted dress with a tastefully exposed back, heads turned. Conversations paused. By the time the reception was underway, it was clear this mother of the bride had made an impression few would forget.

It wasn't just that she looked great. She looked strong. Defined. Confident. Guests kept asking the same question throughout the night:

What does she do to look like that?

That question is how this story begins.

FROM TIRED, SOFT AND WEAK TO STRONG, LEAN AND CONFIDENT

A few years ago, Helen was not the woman people were buzzing about at a wedding. "I was tired all the time," Helen said. "My back hurt, my knees hurt, and I just felt older than I was.

I was in my late 40s, yes — but I felt like that was my whole identity."

Like many adults in their 40's 50s and 60s, Helen assumed aches, pains, and declining energy were simply the cost of aging. Exercise felt intimidating and confusing. Big gyms felt impersonal. Working out on her own felt unsafe.

"I didn't know what I should be doing, and I was afraid of hurting myself, so I just did nothing," she said.

A friend introduced her to a local personal training gym in Berkeley Heights, and she started with a free trial.

"I was so scared. I didn't walk in thinking I'd change my body," Helen said. "I was just hoping I could finally find a program that was right for me and do something for my health consistently."

THE UNKNOWN WORKOUT PLAN THAT CHANGED THE GAME

What Helen found was not a room full of treadmills and mirrors, but a personalized fitness program led by highly knowledgeable personal trainers who specialize in working with adults ages 40–60.

Helen didn't need anything extreme — she needed the right program and the right support.



(above) Helen flexing at one of their infamous 6 AM workouts at Gabriele Fitness

She started with two days per week. As her energy improved and her pain decreased, she gradually built up to three days per week. Each workout was done in a small-group setting, allowing for personalized coaching without the pressure or cost of one-on-one training.

"The accountability mattered," Helen said. "If I didn't show up, someone noticed. And if something hurt, they adjusted things immediately."

REDEFINING WHAT SOMEONE IN THEIR 40s CAN LOOK AND FEEL LIKE

Over time, the changes added up. Helen lost body fat. She gained muscle. More importantly, she gained confidence.

"I stopped thinking about what I couldn't do... and started thinking about what was next."

Years later, Helen is still a member and has even become a Grandma! She lifts weights people half her age shy away from. She moves pain-free. She keeps up with her grandchildren - and sometimes outpaces them.

So when her daughter's wedding approached, Helen didn't think twice about wearing the dress she loved.

"I didn't choose it to show off," she laughed. "I chose it because I felt good in my own skin."

The reaction at the wedding told the rest of the story.



(above) Helen turning every head as the mother of the bride

A LOCAL SECRET GETS PUBLIC

As word spread, one question kept coming up again and again:

What is the secret workout plan that's making her look that good?

The answer was simple: Gabriele Fitness — a small community personal training gym right in Berkeley Heights.

Helen's transformation didn't come from crash diets or marathon workouts. It came from consistency, expert coaching, and a supportive environment designed for real people — not fitness models.

FEELING BETTER AT 48 THAN SHE DID AT 28

Helen's story may have started with wedding buzz, but it's really about something deeper: what's possible when people stop accepting decline as inevitable.

"I wish I had started sooner because I feel better at 48 than I did at 28," Helen said. "But I'm grateful I started when I did."

A personal and confidential message from Helen to anyone on the fence about getting started.

"Ladies, having a personal trainer changed my life. Without a trainer, I never would have come close to looking and feeling this good. I tried so many times on my own and failed. I know it's hard to get started — I was scared myself. But if you find an amazing gym like I did (Gabriele Fitness), it changes everything.

The funny thing is, on the front door of the gym there's a sign that reads, 'You just did the hard part. We'll take it from here.' And I truly believe that if you find a place you trust, that genuinely cares about you, and you show up consistently, you'll get into the best shape of your life.

For me, being in great shape has made my entire life so much better. I'm happier, stronger, full of energy... and my workouts are the reason."

For those who see themselves in Helen — those who feel older, weak, tired, stressed, struggling to burn fat, and are secretly starting to believe their best years are behind them — Read This:

Gabriele Fitness has opened 13 spots for local residents to experience their personal training program...FREE for 14 days. The offer expires on April 1st and is available to only 13 people. To get the full details on the free program and see if any spots are still available, scan below...



P.S. Many people reading this article will be inspired by Helen... yet still feel hesitant to try the program. With anything new, there's always uncertainty — especially with something like a new fitness routine. But if you're not working out right now, or you've been inconsistent (like most people) you've read the exact article you needed to read today because...

Gabriele Fitness has helped thousands of people in this community over the past 18 years. For some, the program has had a life-changing effect, and many members have stayed for nearly two decades.

A large number of them are now in the best shape of their lives (...and 2 decades older) — but they all started in the same place as anyone reading this and considering starting their fitness journey.

If you're still hesitant, visit our website gabrielefitness.com/results for an ocean of success stories from people just like you... who've transformed their lives... and in some cases, the lives of everyone in their family. This is powerful stuff.

WHY GABRIELE FITNESS FOCUSES ONLY ON ADULTS OVER 40

Adults over 40 face a perfect storm of demands that make fitness more critical — and more challenging — than ever before. They're in the prime of their careers, often in leadership roles where the pressure is relentless and the hours are long.

They're raising children or supporting aging parents — sometimes both at the same time. Their stress levels are high, their metabolism is slowing down, and their bodies don't recover like they used to.

Yet this is precisely when they need their health and energy most — to perform at work, to be present for their families, to enjoy the success they've worked so hard to build, and to avoid the chronic diseases that affected their parents' generation.

The cruel irony is that when fitness matters most, it's also when finding time for it feels nearly impossible.

That's why adults over 40 don't need another generic gym membership. They need expert guidance designed specifically for their unique challenges, their busy schedules, and their refusal to accept that their best years are behind them.

To get the full details about the Free Personal Training Program and to see if any of the 13 spots are still available scan below...



FIRE DEPT WELCOMES CARTER RASMUSON

Please join us in congratulating Carter Rasmuson as our newest member of our department. Carter joined the CTVFD to grow as a person while serving his community. Throughout his training and time in the fire service, he said he gained countless important and useful skills. He is excited to use what he learned to help people and to continue challenging himself. We wish Carter all the best.



SISTERS OF ST. BRIGID WOMAN OF THE YEAR

The Sisters of St. Brigid (SOSB) are proud to announce Michele McCue Shaffer of Denville as its 2026 Woman of the Year.

Michele is the quintessential example of Christian faith, integrity, and Irish pride. She is a strong, hardworking woman and we are happy to acknowledge her in this special way. On hand to support Michele during a presentation ceremony were fellow SOSB members including all previous SOSB Women of the Year recipients. Assemblywoman Aura K. Dunn presented Michele with a proclamation.

The Sisters of St. Brigid is a Morris County based non-profit women's social organization that celebrates Irish history and culture. Along with fun meet ups and outings, we meet 6 times a year at the Knights of Columbus Council 359, 13 South Street, 2nd Floor, Morristown, NJ.

The Sisters of St. Brigid's next meeting is scheduled for April 8th, 2026.

For more information, or to become a member, email: sistersofsaintbrigid@gmail.com.



(above) Michele Shaffer

Courtesy Photos



(above) Michele Shaffer and prior Woman of the Year honorees.

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CHATHAM'S JERRY MEDINA HONORED WITH NAMESAKE CPR CENTER



(above) Jerry Medina

Chatham Emergency Squad

After 37 years, Chatham Emergency Squad's Jerry Medina doesn't surprise easily. But when four members of CES showed up in his hospital room, he received a big one.

Jerry joined CES in 1989 and was an active riding EMT for 23 years. Once he retired from active service, he took on a variety of important volunteer administrative tasks including, but not limited to, entering data regarding individual members' volunteer hours. In addition, he has continued as a prolific and dedicated CPR Instructor, certifying countless members of the Chatham community including fellow first responders, teachers and DPW employees. He was an active volunteer at Chatham High School, training students in CPR sponsored by the John Taylor Babbitt Foundation. But Jerry didn't only teach CPR in Chatham; he was also a dedicated instructor for Atlantic Health, training thousands of health care employees, physicians and volunteers in this lifesaving work.

The very successful CES Building for the Future campaign raised funds to completely renovate the Township building. Following the completion of that part of the renovation plan, the Borough building at 31 North Passaic Avenue will be upgraded and redesigned to better fit the needs of CES and its volunteers. One of the major results of that renovation will be the creation of a Community CPR Center where all CES-sponsored classes will be held. Unbeknownst to him, CES officers decided that this CPR Center

will be named, in honor of Jerry, the Jerry Medina Community CPR Training Center.

In mid-December, Captain Bryan McGookin, President Nicole DiMaggio, Finance Manager Steve Davenport and CPR Manager Abigail Maddi visited Jerry to tell him the exciting news and present him with a plaque. The plaque reads: "This Community CPR Training Center is dedicated to Jerry Medina in recognition of his 36 years of distinguished service and his enduring leadership as a mentor and CPR instructor to the Chatham Emergency Squad and the community it serves. December 14, 2025". Jerry was visibly moved by the honor. Construction on the building is expected to begin shortly. CES looks forward to the day when the plaque is hung and Jerry, his family, friends, supporters, former students and strangers alike, will see the proof of the high regard in which he is held. k

Although the Building for the Future campaign is closed, if you are interested in donating funds to the renovation of the Borough building, or specifically to the Jerry Medina Community CPR Training Center in Jerry's honor, please check the DONATE link on our website

chathamemergencysquad.org

or checks can be sent to our PO Box 609. Please specify where you would like your donation directed, or if you prefer, funds will be directed to our Annual Fund which pays for our budgeted expenses including utilities, ambulances, equipment and building upkeep.

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(above) Jerry receives his plaque surrounded by CES officers; Jerry at his desk at CES 2020.

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YOUTH SYMPHONY REHEARSALS FREE AND OPEN TO PUBLIC - MARCH 1-5



The New Jersey Youth Symphony (NJYS), a program of Wharton Arts, invites young musicians and their families to experience the excitement of ensemble music-making during the NJYS Open Rehearsals Week, taking place March 1-5, 2026.

Throughout the week, visitors are welcome to observe live rehearsals of any of NJYS's 15 ensembles, offering a rare behind-the-scenes look at how young musicians collaborate, learn, and grow under the guidance of NJYS's accomplished artistic staff. Open Rehearsals Week is designed for students in grades 2-11 who are curious about joining a youth orchestra or expanding their musical journey.

Attendees will have the opportunity to meet NJYS conductors, experience the rehearsal process firsthand, and explore how NJYS nurtures musical excellence, teamwork, and confidence in young performers.

Said Artistic Director and Principal Conductor Helen Cha-Pyo, "At the New Jersey Youth Symphony, we hold our students to the highest standards of musical excellence and artistry because they are capable of extraordinary things. At the same time, our core mission goes beyond performance. We want our students to experience the profound connection between music and life, and to understand the power of music as a force for service, empathy, and community building. Open Rehearsals Week is an open invitation to parents, educators, and students to step inside our rehearsal rooms, feel the joy of our community, and witness the 'serious fun' that happens when young people make music together with purpose,

passion, and heart."

NJYS is one of New Jersey's premier youth orchestra programs, serving talented young musicians from across the region through a comprehensive range of ensembles and educational experiences. Open Rehearsals Week reflects NJYS's commitment to access, education, and artistic excellence.

Attendance is free, but advance registration is encouraged. Registration and additional information available at NJYS.org.

ABOUT THE NEW JERSEY YOUTH SYMPHONY

The New Jersey Youth Symphony (NJYS), a program of Wharton Arts, provides exceptional orchestral and ensemble training to young musicians in grades 2-12. Through a wide range of ensembles, performances, and educational opportunities, NJYS fosters musical excellence, collaboration, and a lifelong appreciation for the arts.

Wharton Arts' mission is to offer accessible, high quality performing arts education that sparks personal growth and builds inclusive communities. Wharton Arts' vision is for a transformative performing arts education in an inclusive community to be accessible for everyone.

Wharton Arts is located in Berkeley Heights, New Providence, and Paterson, NJ and reaches students from 12 counties. All of Wharton Arts' extraordinary teaching artists, faculty members, and conductors hold degrees in their teaching specialty and have been vetted and trained to enable our students to achieve their personal best.

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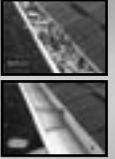
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Being Alone Does Not Mean Being Lonely

Tuesday, March 3, 1:00 PM

There's a difference between being alone by yourself and the emotional feeling of loneliness. Learn how to change attitude and context in order to value "alone" time in a different way.

Online Scam Trends

Wednesday, March 4, 12:00 PM

Learn about the current trends in online scams as well as safe browsing guidelines for general searching and working with membership and healthcare portals.

Golf Lessons

Wednesdays, March 4-25, 12:30 PM

Local golf pro, Lou Ruina returns to provide golf lessons that teach the basics before the season starts.

Alzheimer's NJ Caregiver Support Group

Thursday, March 5, 10:30 AM

This group provides families and caregivers with the emotional support and education they need to better understand Alzheimer's Disease and other forms of dementia. A trained facilitator guides the group. Visit alznj.org to register and learn about their other programs.

Keeping Aging Feet Healthy

Monday, March 16, 1:00 PM

Dr. Caroline Fruge, Podiatrist, will discuss structural changes to feet as we get older, increased instability, nerve and circulation issues, as well as arthritis and other foot issues that can arise while aging.

Renaissance Art: A Journey through Beauty

Wednesday, March 18, 12:00 PM

Renaissance art began in Italy in the 14th century. It represented a rebirth that transitioned art away from classical antiquity toward realism, humanism, and scientific perspective. Learn about the key artists and famous works of this extraordinary creative period.

Interested in an Outdoor Walking Group?

Monday, March 23, 12:30 PM

A representative of The Chatham Chilliad will discuss the benefits of getting out and being part of an outdoor community walking group. Upcoming walking events will be shared.



(above) Our members recently volunteers to make lunches for Help4All, an organization that assists the homeless in Newark.

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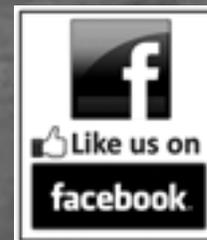
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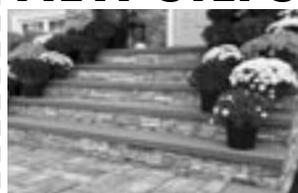
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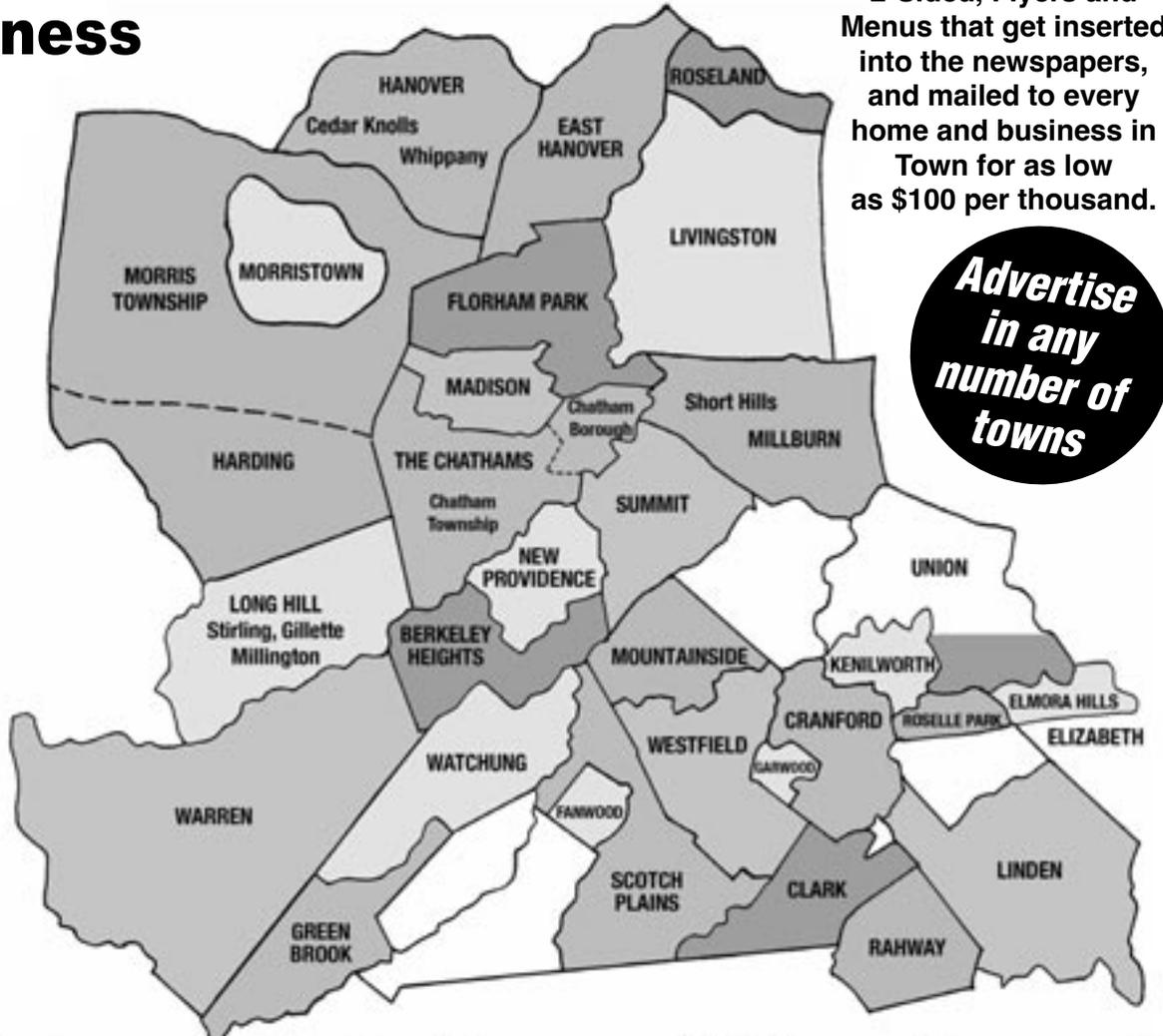
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An Operatic Gala Inspired by Bizet's Carmen

The New Jersey Festival Orchestra (NJFO) invites patrons and music lovers to "Music for a Matador," an unforgettable operatic fundraising gala featuring highlights from Bizet's Carmen. The event will take place Friday, April 10, 2026, from 6:00–10:00 PM at The Gran Centurions in Clark, NJ.

The evening will showcase electrifying excerpts from Bizet's iconic opera, narrated by Maestro David Wroe and brought to life by NJFO musicians alongside acclaimed guest artists. Featured performers include Lisa Marie Rogali as Carmen, Dane Suarez as Don José, Sara LeMesh as Micaëla, and SeungHyeon Baek as Escamillo. Guests can expect an immersive operatic experience filled with drama, romance, and unforgettable musical moments.

In addition to the performance, attendees will enjoy a beautifully curated dinner and have the opportunity to participate in both live and silent auctions, featuring exclusive experiences, gifts, and collectibles.

Proceeds from "Music for a Matador" support NJFO's ongoing education and community outreach programs, including Listening is Healing, which brings live classical music to hospitals, rehabilitation centers, and community settings. Recently, NJFO has expanded this program to Overlook Medical Center in Summit, NJ, offering patients and staff moments of reflection, calm, and inspiration through music. Funds raised at the Gala help sustain these programs and ensure that NJFO's artistry and educational initiatives remain accessible to

communities across New Jersey.

"Music for a Matador" offers a unique blend of operatic performance and gala celebration, providing patrons with an evening that is both culturally enriching and socially impactful. Sponsors and guests play a vital role in sustaining NJFO's mission to bring world-class music to audiences of all ages and backgrounds.

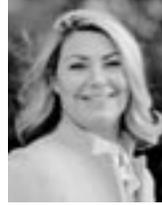
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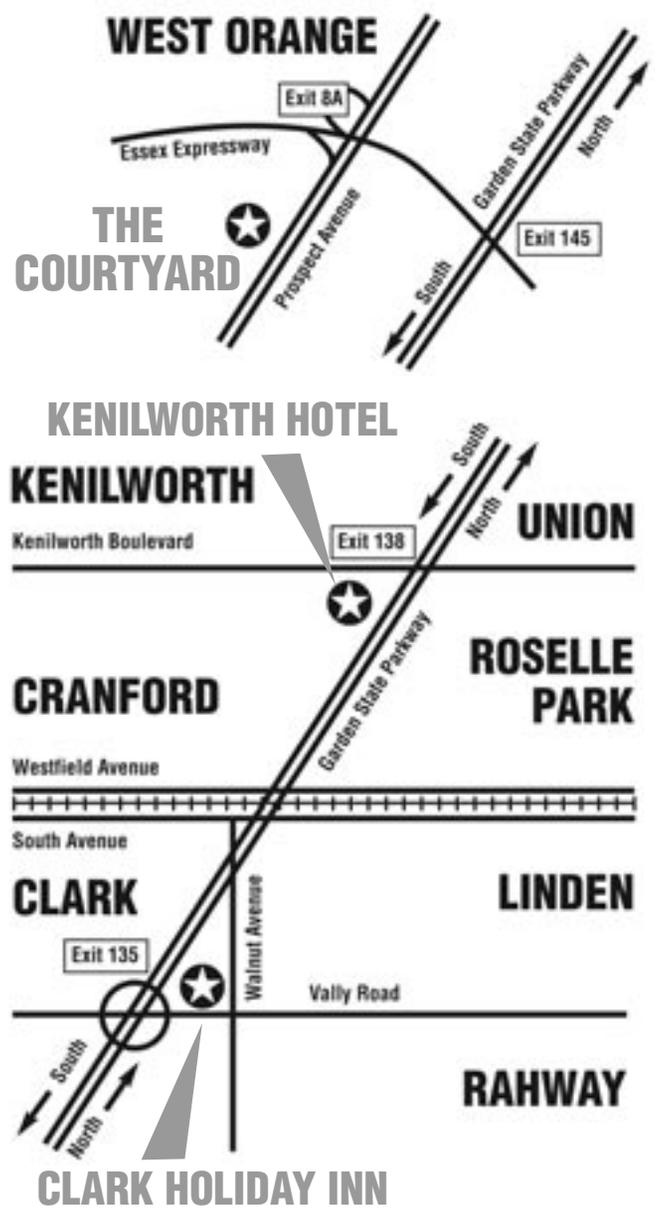
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